

One Key Question[®] Can Change Primary Care.

Are You Asking It?



Most American women desire only 2 children.
In order to reach that goal, they must spend nearly 30 years trying to avoid an unintended pregnancy.¹

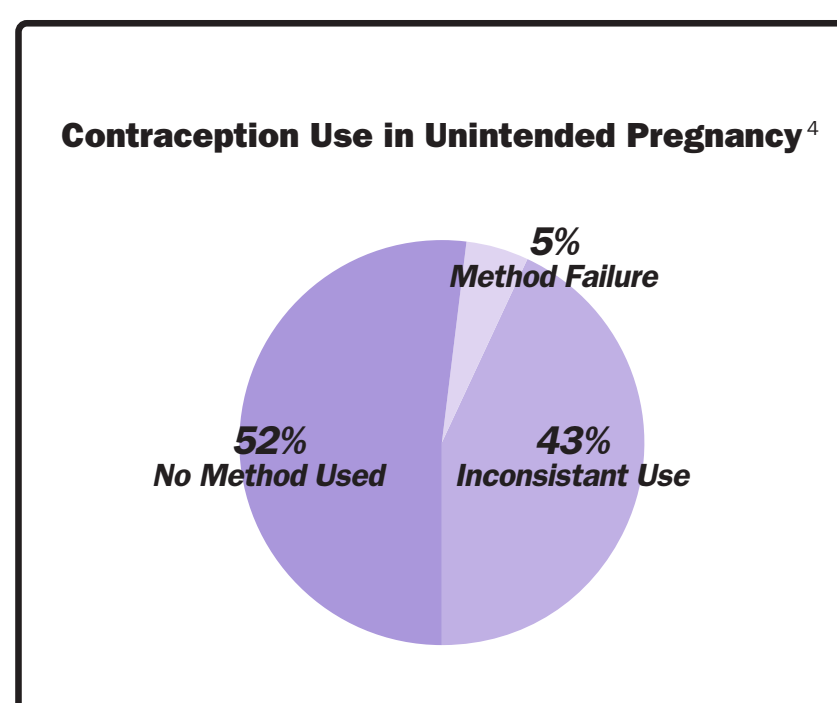
Gaps in Primary Care

Most primary care providers miss a significant conversation with women of reproductive age around:

- Pregnancy intention
- Preconception care
- Need for birth control method and Emergency Contraception
- Satisfaction with current birth control method

Lack of Preconception Care

- In Oregon in 2010, 50% of recently postpartum women did not take a multivitamin, prenatal vitamin, or folic acid at all during the month before they got pregnant.²
- When surveyed, only 50% of obstetrics providers knew that half of pregnancies are unplanned.³
- When surveyed, only 42% of obstetrics providers knew the correct dosage of folic acid supplementation.³



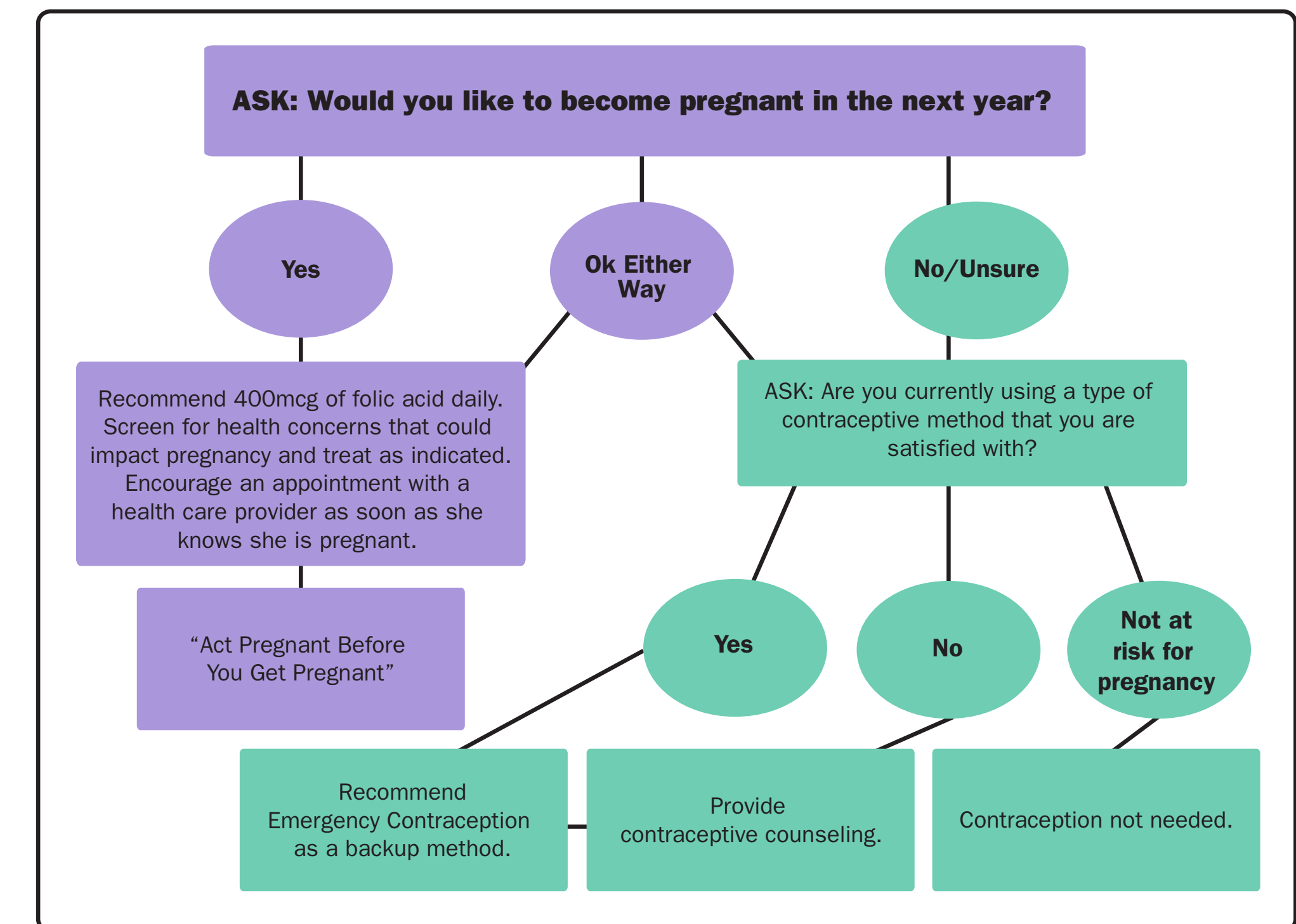
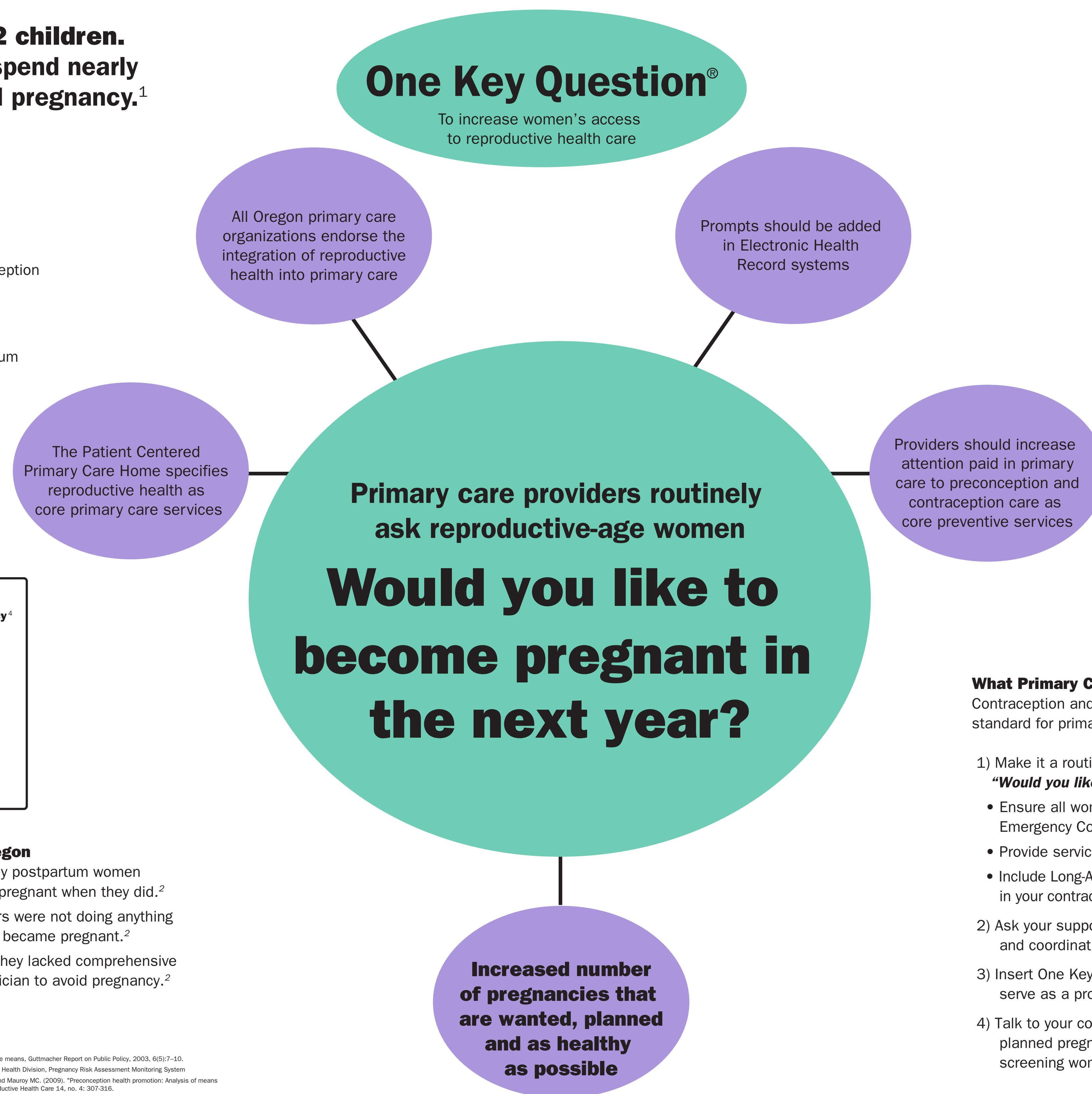
Unintended Pregnancy in Oregon

In Oregon in 2010, 46% of recently postpartum women stated they were not trying to get pregnant when they did.²

- 75% of women and their partners were not doing anything to prevent pregnancy when they became pregnant.²
- Half of these women indicated they lacked comprehensive contraceptive advice from a clinician to avoid pregnancy.²

References

1. Sciffield A. Preventing unintended pregnancy: the need and the means. Guttmacher Report on Public Policy, 2003, 6(5):7-10.
2. PRAMS 2010. Oregon Department of Human Services, Public Health Division, Pregnancy Risk Assessment Monitoring System
3. Delvoye P, Guillaume C, Collard S, Narollia T, Hennecart V, and Maunoy MC. (2009). "Preconception health promotion: Analysis of means and constraints." European Journal of Contraception & Reproductive Health Care 14, no. 4: 307-310.
4. Gold RB et al., Next Steps for America's Family Planning Program: Leveraging the Potential of Medicaid and Title X in an Evolving Health Care System. New York: Guttmacher Institute.



Results of Pilot in Primary Care Health Center:

- All women agreed that it was important for their clinician to know their pregnancy intention.
- Providers thought OKQ was an effective way to address women's reproductive health.

"OKQ is fast, easy, and helpful."

What Primary Care Providers Can Do:

Contraception and preconception care are core preventive services as part of the new standard for primary care in health care reform.

- 1) Make it a routine part of your primary care practice to ask reproductive age women **"Would you like to become pregnant in the next year?"**
 - Ensure all women have information and resources they need for effective contraception, Emergency Contraception, and preconception care.
 - Provide services based on the woman's needs, either directly or by referral.
 - Include Long-Acting Reversible Contraceptive methods, such as the IUD and implant, in your contraception counseling.
- 2) Ask your support staff to assist you in routinely asking One Key Question[®] and coordinating resources for follow up.
- 3) Insert One Key Question[®] into your Electronic Health Record templates to serve as a prompt for you and your colleagues.
- 4) Talk to your colleagues and other professionals about the importance of planned pregnancies to women's health and the need to be proactive in screening women about their pregnancy intention.



PO Box 40472 • Portland, OR 97240
503-223-4510 • onekeyquestion.org